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PAGE 14



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Tuesday, February 26, 2013



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FOUND GUILTY

Former Calgary Stampeders player Joffrey Reynolds, right, with his lawyer Randi Collins in Calgary on Feb. 7. Reynolds was found guilty of assaulting his ex-girlfriend. Story, page 22. JEFF MCINTOSH/THE CANADIAN PRESS

Cash perk for teachers if deal signed: Minister

Last attempt.

Spokesperson says contract on table the last time before March 7 budget release



JEREMY NOLAIS

jeremy.nola@metronews.ca

Negotiating parties huddled over a newly proposed provincial contract for Alberta teachers Monday night, one that would see educators receive a little extra money if they sign on by month's end.

The four-year proposal would see a three-year salary freeze for teachers and a two per cent hike in the fourth year funded by the government, according to a letter from Education Minister Jeff Johnson obtained by Metro on Monday.

But if teachers were

to approve the terms by Thursday's end, they would also receive a one per cent cash incentive in both the third and fourth years. That would amount to \$1,844 on average for a teacher with 10 years' service, based on 2011-2012 figures.

Johnson's press secretary, Kim Capstick, did not comment on the specifics of the proposal Monday but said a provincial deal would insulate teachers ahead of next week's budget release, given that the province is staring down a \$4-billion deficit.

"When such a significant amount of that budget goes towards health and education, it's inevitable that those two areas are going to be impacted when we try to make reductions in spending.... If we can get a provincial deal done, then we don't have boards across the province who are put into a position where roll-backs are something they

have to consider," she said.

A spokesperson said Alberta Teachers' Association president Carol Henderson was locked away discussing the proposal Monday afternoon and not immediately available to comment.

But Frank Bruseker, Calgary local ATA president, said he wasn't optimistic the deal would be approved. "There's less in this offer than what was discussed in the fall, and teachers didn't find that acceptable," he said.

Johnson's letter states school boards would fund one year of the cash incentive. Based on 2012 financial statements, that could cost the Calgary Board of Education \$6.5 million.

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Container returns

City looks to boost its number of bottle depots

Calgary will look at ways to make it easier for more bottle depots to open up in the city. City council unanimously approved the suggestion from Ald. Andre Chabot. **METRO**

Months-long debate

Residents groups get tax exemption

Residents associations were exempted from property taxes by an 8-6 vote at city council Monday. After debating a tax-exemption bylaw for months, council finally approved the contentious measure. **METRO**

Central branch

\$245M library gets go-ahead

City council gave unanimous final approval to Calgary's \$245-million central library project on Monday. Numerous council members said they expect the massive project to come in under budget. It's expected to open in 2018. **METRO**

Plane crash

Calgarian director killed on the job shooting a show

Calgary-raised director and cameraman John Driftmeyer died in a plane crash while shooting footage for a documentary series in Kenya, according to Montreal-based production

company Pixcom.

Driftmeyer, 30, was killed Sunday morning while working on the show *Dangerous Flights*, said Pixcom.

The series, which was filming for a second season, details the work of pilots delivering small used planes — which are often in rough shape — to customers around the world.

THE CANADIAN PRESS

Queue jumps. Booking procedure not followed: Doc

A high-ranking Calgary doctor at the centre of queue-jumping allegations conceded Monday he booked his patients outside the normal routine, but said he didn't realize that would move them to the front of the line.

Dr. Ron Bridges told Alberta's preferential access inquiry Monday that he was not clear on the rules for booking patients into the publicly funded Colon Cancer Screening Centre, which he founded in 2008.

Bridges, a gastroenterologist, said he booked referrals through senior managers at the centre rather than faxing the referrals through the booking clerks, as per normal procedure, because he didn't know the booking clerks.

"In five years you've never taken the time to find out who the booking clerks are at the clinic that you founded?" asked inquiry lawyer Michele Hollins.

"I don't know who the booking clerks are, no," said Bridges.

Bridges is an associate dean of medicine at the University of Calgary and the inquiry has already heard he holds considerable stature in the medical community.

But he said he didn't realize that by sending his patient-screening requests through senior brass, those patients were then getting fast-track treatment.

THE CANADIAN PRESS

Nenshi softens on demand for apology



Local Canadian Home Builders Association president Charron Ungar speaks to reporters outside Calgary city council chambers Monday. **ROBSON FLETCHER/METRO**

Plans to meet with CHBA. Wants to clarify situation with the organization's president



ROBSON FLETCHER
robson.fletcher@metronews.ca

Mayor Naheed Nenshi backed away Monday from his earlier demand for an apology from the Canadian Home Builders Association, which its local president said would not be forthcoming.

Nenshi and CHBA Calgary president Charron Ungar plan to meet Tuesday to iron out their differences over Ungar's claim that the city has effectively implemented a suburban "development freeze."

The comment, made at a Jan. 9 dinner event, led to Nenshi's chief of staff sending the CHBA a letter last week informing the association its

participation in city committees would be suspended until a formal apology was issued.

But Ungar told reporters Monday his comment had been taken "out of context" and he stands behind it.

"By no means when I said that statement did I mean that the city has a policy of a suburban development freeze," he said.

Rather, Ungar said his statement came in reaction to comments the previous fall from city planning head Rollin Stanley that the CHBA considered a strong indication of city opposition to suburban development.

Nenshi suggested Monday that Stanley's comments had also been misconstrued and said he plans to clarify the whole situation with Ungar on Tuesday.

And while the CHBA's committee suspension remains in place, the mayor said it could be lifted even without a formal apology.

No tolerance for...

"When you are representing an important partner for the city, when you sit on the committees that have the information, but you choose to spread different information to thousands of people — that's what I object to."

Mayor Naheed Nenshi on his concerns over CHBA president Charron Ungar's comments about a "development freeze"

1 NEWS



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Skeleton Olympic gold medallist Jon Montgomery gives a big wave to a crowd gathered at Olympic Plaza to celebrate Canadian athletes' success at the 2010 Winter Games in Vancouver. METRO FILE

Calgary's Winter Games were the 'seed' for future Canadian sporting success

Going from zero to hero. Nation learned from past medal failure



ROBSON FLETCHER

robson.fletcher@metronews.ca

How did Canada go from earning zero gold medals at the 1988 Olympics in Calgary to winning the most gold medals of any nation at the 2010 Olympics in Vancouver?

The answer lies in the success — off the field of play — of Calgary's Winter Games.

"It was really the seed for our success in winter sport," said Own The Podium chief executive officer Anne Merklinger. "Without the added enhancement and investment and upgrading of the winter sport venues in Calgary and the geographic area around Calgary, we would take a big step back in our performance."



Indeed, nearly three-quarters of Canadian medallists at the 2006 Winter Games in Turin either came from Alberta or trained in the province at facilities built for the 1988 Olympics, according to a report commissioned by the Vancouver 2010 organizing committee.

But it's more than just the facilities. The Canadian Olympic Committee also received \$40 million in endowment funds from Calgary in 1988 and now uses the interest to fund athletes.

"The return on the invest-

Tomorrow

In Wednesday's Metro: Athletes see value in using facilities from Calgary Games to help them reach podium in Sochi next year.

ment is money we spend every day, every year, for the athletes and it comes from the legacy of the Calgary Games," COC president Marcel Aubut said. "We owe a lot to the Calgary Games. A lot."

The facilities and money were also accompanied by a shift in attitude and culture, said Ken Read, director of winter sport for Own The Podium, which was established "with the intent of lifting Canada's sport system to a world-leading standard through the appropriate investment into medal potential.... However, this was only possible because of the legacy of '88."

WITH FILES FROM THE CANADIAN PRESS

Feb. 26, 1988, highlights

- Soviets win in men's ice hockey, 7-1 over Sweden. Canada beats West Germany 8-1.
- There are rumblings that Canada should be able to field NHL hockey players in the next Olympics.
- High winds at Canada Olympic Park ski jump lead to criticism over its placement.
- Christine Rossi of France wins freestyle-skiing ballet event.
- Swiss skier Vreni Schneider wins second gold medal.
- The temperature in Calgary hits 19 C.

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Cannibalism. NYC jury to decide if alleged plot was real or sick fantasy

The estranged wife of a police officer struggled to keep her composure Monday as she testified about discovering shocking online chats and other evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women.

The drama came on the first day of testimony at the closely watched trial of the 28-year-old Gilberto Valle, dubbed the "Cannibal Cop" by city tabloids.

Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law

enforcement database that prosecutors say he used to help build a list of potential targets. A conviction on the kidnapping count carries a possible life sentence.

The officer has claimed his online discussions of cannibalism were harmless fetish fantasies. But in opening statements Monday, a prosecutor said "very real women" were put in jeopardy.

"Make no mistake," U.S. assistant attorney Randall Jackson told a jury. "Gilberto Valle was very serious about these plans."

THE ASSOCIATED PRESS

Census research

U.S. dropping use of term 'Negro'

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the era of racial segregation, census forms will use the

more modern labels "black" or "African-American."

Nicholas Jones, chief of the bureau's racial statistics branch, pointed to months of public feedback and census research that concluded few black Americans still identify with being Negro and many view the term as "offensive and outdated."

The change will take effect next year.

THE ASSOCIATED PRESS

Prosecutors seek manslaughter trial for Costa captain

Deadly shipwreck.

Captain depicts himself as a hero, while cruise company lays blame on human error

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia's captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

Prosecutors based in Grosseto, Tuscany, also are seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged



The cruise ship Costa Concordia, leaning on its side near the shore of the Tuscan island of Giglio, Italy. PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

reef, which speared the ship and left a 70-metre-long gash in the hull. The cruise liner quickly took on water and capsized, ending on its side near the island's port.

Prosecutors also requested the indictment of five other crew members, including two other officers on the bridge.

The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to depict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and help save lives.

THE ASSOCIATED PRESS

Headway? Syria ready to talk to rebels

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war.

The offer, by Syrian Foreign Minister Walid al-Moallem during a visit to Moscow, came hours before residents of Damascus and state-run TV reported a huge explosion in the capital, followed by gunfire.

The proposal marked the first time that a high-ranking regime official has stated publicly that Damascus would be willing to meet with the armed opposition.

But al-Moallem did not spell out whether rebels would first have to lay down their weapons before negotiations could begin — a crucial sticking point in past negotiations.

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Child-welfare crisis as bad as residential schools: Atleo

Human Rights Tribunal. Assembly of First Nations chief says under-funding tearing kids from homes

Systematic under-funding of child-welfare services on reserves means First Nations children today are essentially re-living the residential school nightmare that brought Canada so much shame, says the national chief of the country's largest aboriginal group.

Shawn Atleo of the Assembly of First Nations (AFN) told the Canadian Human Rights Tribunal on Monday that many reserves don't have the resources to keep children safe when their families are struggling. Instead, the children are being

taken away and sent into institutional care by the thousands.

While exact totals are unknown, experts estimate at least 27,000 aboriginal children have been removed from their immediate families. That's easily double the number forced into residential schools.

"The removal appears not to be driven directly by an intention 'to kill the Indian in the child' but the consequences are nonetheless the same," he said.

The AFN and the First Nations Child and Family Caring Society started legal action in 2007, arguing that child-welfare services on reserves received 22 per cent less funding.

Federal officials argue that funding has risen by 25 per cent since 2007 to \$618 million in the 2011-12 fiscal year.

THE CANADIAN PRESS



Mylee, right, and her brother in their Attawapiskat, Ont., home, which has no plumbing or sanitary facilities, in December 2011. FRANK GUNN/THE CANADIAN PRESS FILE

'Illegal migrants.' Feds taken to court over change to health care for refugees

Thousands of refugee claimants in Canada are being jeopardized by a federal policy that is unconstitutional, says a group of doctors and lawyers taking the government to court.

Canadian Doctors for Refugee Care and the Canadian Association of Refugee Lawyers launched a court challenge Monday over last year's changes to health-care coverage.

Immigration Minister Jason Kenney dismissed the claims of "militant leftists" after question period on Monday.

"We have no ... obligation to give taxpayer services to bogus asylum seekers, rejected claim-

ants — people who are effectively illegal migrants."

Until recently, the federal government covered the costs of medical care for claimants until their rejection or until provincial coverage kicked in.

But the government put an end to almost all supplemental health-care benefits, slashing coverage in some cases to care only when it was a public health emergency.

The changes depend on whether the claimant comes from a country deemed "safe" and where it is less likely someone will be persecuted.

THE CANADIAN PRESS

Language laws

'Pastagate' shames Quebec into action

The Quebec government is re-examining how it handles violations of the province's language law after widespread news coverage of an overzealous employee reprimanding an Italian restaurant for having too much Italian on its menu.

The so-called Pastagate story received 60 times more coverage outside the province than a recent trip

in which Premier Pauline Marois sought more foreign investment, according to a media-analysis company.

While most were in Canada, Pastagate was chronicled in 350 articles in 14 countries, as far away as Australia, when it broke last week.

Diane De Courcy, the minister responsible for Quebec's Charter of the French Language, announced an internal review Monday aimed at improving the Office quebecois de la langue française. THE CANADIAN PRESS

Warden testimony

Ashley Smith was a terror, inquest hears

Prison authorities "underestimated" how disruptive teenage inmate Ashley Smith could be before she arrived, an inquest into her death heard Monday.

Alfred Legere, former warden of the Nova Institution for Women in Truro, N.S., testified that Smith began causing problems almost immediately.

Her self-harming reputa-

tion preceded her. Unusually, she was placed immediately on arrival at Nova in segregation.

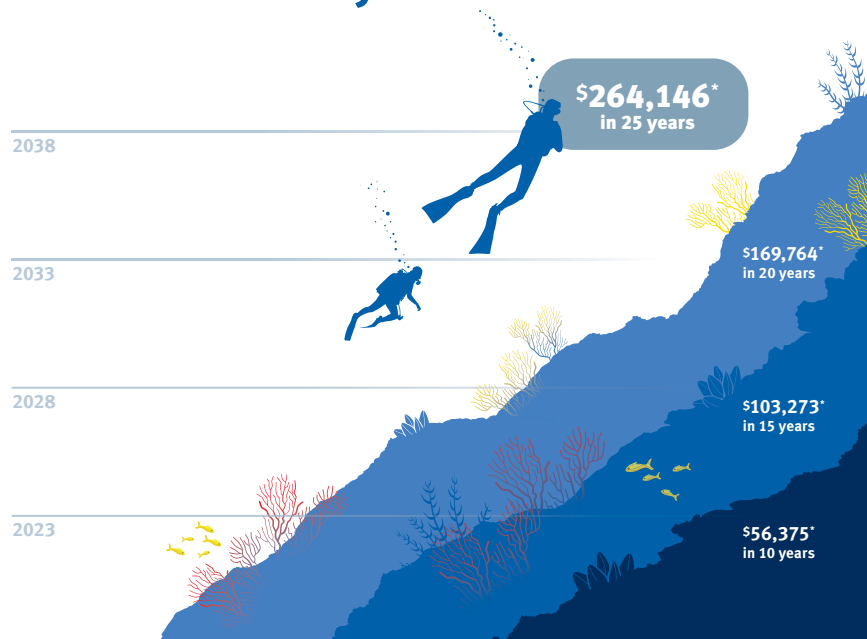
Among other things, Smith smeared herself with excrement and threw feces at guards. She trashed two segregation cells by breaking sprinkler heads, windows and cameras.

Prison authorities, among them mental-health professionals, drew up a plan that included withdrawing warmth and giving her the silent treatment if she acted out. THE CANADIAN PRESS



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Don't try the Swedish meatballs: Ikea caught in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries



JESSICA CARLESON
Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. A total of 760 kilograms of the meatballs were affected.

Meatballs from the same batch have been withdrawn from more than a dozen more countries. "We take this very



seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Britain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden and Czech Republic, Ikea spokeswoman Ylva Magnusson said.

The product had also been

removed from shelves in Denmark, according to Dorte Hjorth Harder, spokeswoman for Ikea Denmark.

The news came as European Union ministers were meeting in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in burgers in Britain and Ireland.

Market Minute

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ARE YOU HAVING ENOUGH SEX?



SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials

struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable, but flannel in the bedroom is the opposite of arousing.

Less isn't more

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

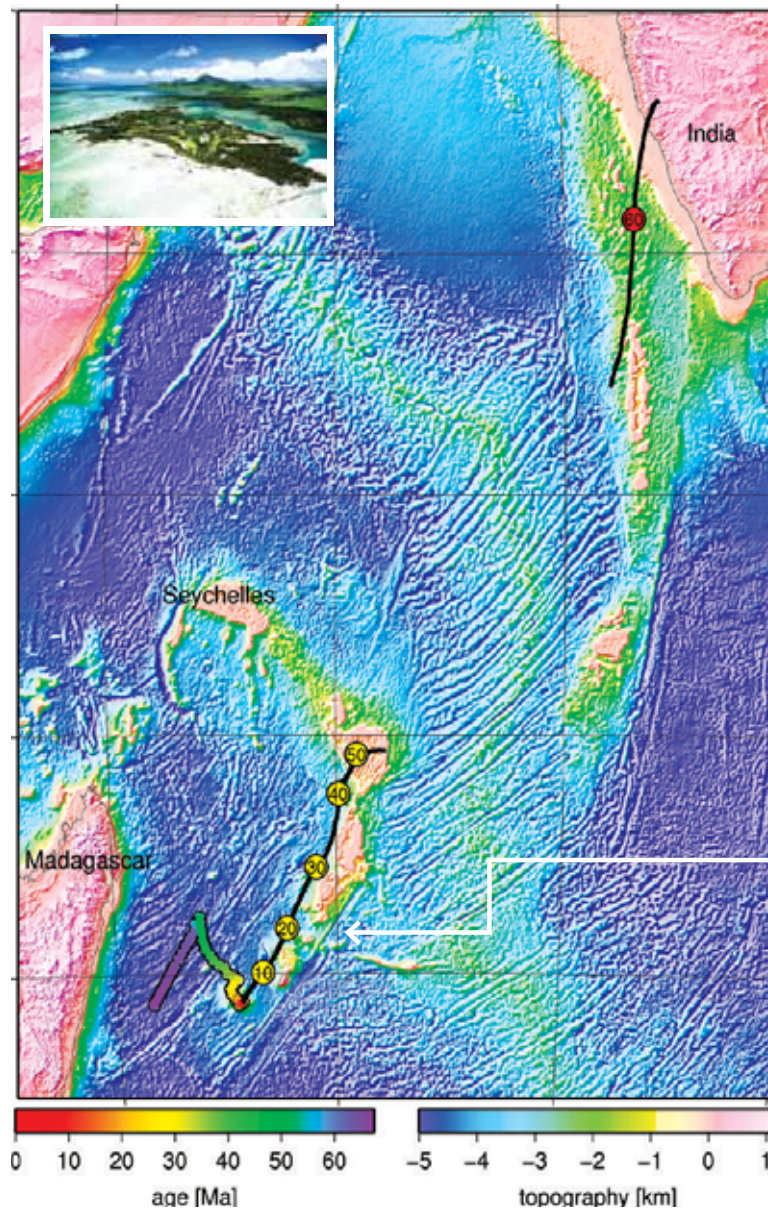
I know sex isn't everything, but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So, for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on
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Paradise no longer lost



New world discovered

Always in the last place you look

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritia detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. **METRO**

Our link to the past

Now that's a continental divide

Mauritia, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. **METRO**

How they found it

Ancient mineral was crucial

Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

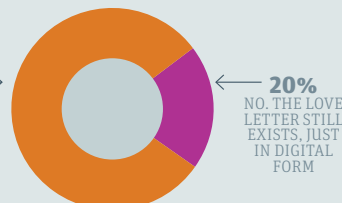
The grains possessed a much older mineral, zircon, dated as being between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. **METRO**



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← 20% NO, THE LOVE LETTER STILL EXISTS, JUST IN DIGITAL FORM

Twitter

@christinaish:

My morning commute showed me that I have the dirtiest car in Calgary. #yyc

@GibsonNation:

I wonder when #yyc will discover that in order to merge onto Deerfoot, you have to be doing a little more than 20 km/h.

@ryanlong911:

Snowboarding on untouched powder is the best feeling in the world #Banff #sunshine #loveit #yyc #boarding

@MorganJean:

Ah! I hate chinook winds! I really wish it was summer right now so I can complain about how hot it is. #YYC

@jaredhelder:

I just saw 7 Calgary police cars, none were racing to Tim Hortons! #yyc #timhotons #calgarypolice

@KatrinaWood11:

just once I would like a normal train ride without creepy people #calgarytransit

DVD review



Best of Warner Bros.

• • • • •

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads like a history of the movies, from *The Jazz Singer* (1927) at the dawn of the sound era to *Inception* (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: *Tales From the Warner Bros. Lot* and *The Warner Bros. Lot Tour*. And both sets also have a whopper of a price tag: \$600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL

Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama *Golden Boy*. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks

NED
EHRBAR
Metro World News in Hollywood

The folks behind *Golden Boy* are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commission-

er in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard) Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others

are presently in jail."

And just what kind of commissioner the main character on *Golden Boy* becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

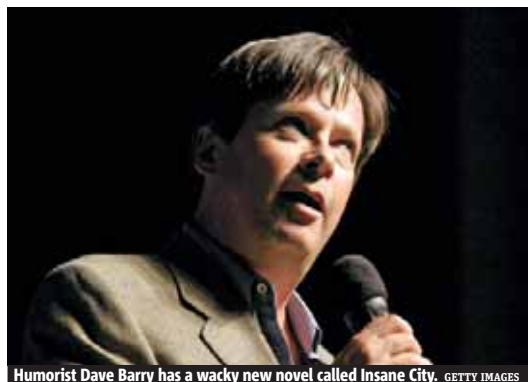
Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, and premieres tonight.

That dude from Downton

Avid TV fans may recognize *Golden Boy* star Theo James from an early and pivotal episode of *Downton Abbey* in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"

Author gets crazy in the Sunshine State

Humorist Dave Barry has a wacky new novel called *Insane City*. GETTY IMAGES

Insane City. Dave Barry's new book is a screwball adventure

DOROTHY ROBINSON
Metro World News in New York

Dave Barry's special brand of book writing—outrageous plots, loony characters, susceptible quests, inept bad guys—is only plausible because of where the stories are set: Florida. The state is his comedy muse.

"Carl Hiaasen has the best quote about it: 'If you want to be a writer in South Florida, you

don't need an imagination, you just need a subscription to the newspaper,'" says the author from his home in Coral Gables, Fla. "It is the weirdest place in the U.S."

Barry credits the state's diverse nature for its special brand of crazy.

"You have all of these cultures bumping up on one another, just this incredible variety. And a lot of them arrive here solely to drink or take drugs or party. And when all of these people come together, they create this permanent cloud of weirdness."

And things definitely get

weird in his first solo adult novel in more than a decade, *Insane City*, out last month. The screwball adventure follows Seth Weinstein, a hapless groom who has to handle not only his fiancée's over-the-top wedding arrangements but a Haitian refugee, a stripper, an elite businessman, two dangerous bodyguards and one particularly randy orangutan, as well.

Barry says that he found a believable protagonist in Seth. "Here is a guy who is stuck with a tough choice and he knows he has to make the right decision even though it might wreck his wedding," he says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Janet Jackson is a married woman?



THE WORD
Dorothy Robinson
scene@metronews.ca

If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to Entertainment Tonight, the couple tried to set the re-

cord straight about rumours they were planning an over-the-top wedding in the near future. "The rumours regarding an extravagant wedding are simply not true. Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-

looking dude was tapping on my car window. I rolled down the window and he said, 'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."



MC Hammer

Ashton and Mila step up the loving

Mila Kunis has reportedly been shacking up with boyfriend Ashton Kutcher at his Hollywood Hills home while hers is being renovated, but she may make the living situation permanent, according to Us Weekly. "Ashton's male roommate is moving out to make room for her," a source says. "They really are perfect for each other. They were friends first, and then it switched to love. That's a great foundation for a relationship."

Kanye slams Jay-Z's tour plans

Jay-Z announced last week that he's embarking on a tour with Justin Timberlake to mark Suit & Tie, Timberlake's first new album in five years, but not everyone is happy about the news. Kanye West, who toured with Jay-Z last year following the release of their Watch the Throne album, sounded off about the new collaboration onstage in London this weekend.

I'ma let you finish, but...

"I got love for (Jay-Z) but I ain't f---ing with that Suit and Tie."

Kanye West spoke out to London fans while onstage over the weekend

"I got love for (Jay-Z), but I ain't f---ing with that Suit and Tie," West told the crowd, according to Billboard magazine, before launching into an extended rap about selling out.

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RRSP GUIDE

Tuesday, February 26, 2013



Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

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So many choices

Research. Not all RSPs are the same; which savings vehicle is the right one for you?

MICHELLE WILLIAMS
 For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP

This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through banks and financial institutions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of \$22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts

from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto. "The RRSP contribution amount is then deducted from your income, thus reducing the amount of tax you pay while providing you with tax deferred growth of those funds until your eventual withdrawal of those funds, typically during retirement."

Self-directed RRSP

"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser. You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP

This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this

is a great strategy for couples to help balance their income, savings and taxes" Cheng said. "Also, as long as your spouse is 71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

There are several qualifiers — and legalities regarding how money gets divided in the event of a breakup — so it's important to know the rules before embarking on this type of savings strategy.

Group RRSP

Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are invested.

"The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said. "Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

The downside may include restrictions to the investment options and withdrawal of funds, Cheng added.

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."

How to save properly

MICHELLE WILLIAMS
For Metro

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each paycheck. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheck versus getting it all at once in a



Following some simple tips can help make sure that you have enough savings for your future. ISTOCKPHOTO/THINKSTOCK

tax refund in the end."

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat

every year."

4 Save through your company. Find out if your employer offers a group RRSP for employees. Sign up and deductions come off your paycheck. "It's always better to have the money there sooner,

collecting interest." You save even more because the contributions come off your income before taxes, so you reduce the amount of tax you pay at source. The added bonus is these contributions are sometimes topped up by employers.

Cashing in. Resist temptation

While it might never occur to many people to use their RRSP investment to make discretionary purchases, "it happens all the time," says senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto.

People cash in their RRSPs for all sorts of reasons, including credit card debt and luxury items like cars and vacations.

"Not a great strategy because most of us are only getting about 66 cents on the dollar, maybe less," Pereira said.

"Some people treat these investments like savings accounts. I've even known people to cash in RRSPs to buy a big-screen TV or pay for dog grooming."

Pereira believes that the most common reason for cashing in RRSPs is poor money management.

"It's often people who aren't financially organized, who are living beyond their means."

When you take money out of your RRSP, you are



It's not a great strategy to cash in your RRSP to make purchases, such as a new car. ISTOCKPHOTO/THINKSTOCK

charged a withholding tax on the money, plus you have inflated your income, increasing your total income tax bill and potentially putting yourself into a higher tax bracket. That, plus the loss in deferred growth, means you are taking a huge financial

hit in the longer term.

Does it ever make sense to cash your RRSP before retirement?

"You always have to look at each situation and determine the implications," Pereira said.

"I believe you have to

look at this as a 'put money away for when you don't have an income' account rather than simply a retirement plan."

If you are out of work or if you go on maternity leave close to the beginning of the calendar year, then your tax penalty is minimal because your income is low, so withdrawing from your RRSP will help you through financially difficult times.

Government programs like the Home Buyer's Plan for first-time homebuyers and the Lifelong Learning Plan for people looking to retrain for new careers do allow Canadians to use their RRSP saving without tax penalty if the money is paid back to the account in the set period of time.

"Ultimately, when you withdraw from your RRSP, you inevitably lose the tax-sheltered compound growth for your retirement," Pereira said.

"But at end of day, you have to do what's in the best interest of your financial future." MICHELLE WILLIAMS

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DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama *Monday Mornings*. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?

It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?
That these meetings happen at all. I've been going to them

for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?

The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?

It has to become more open

sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now.

On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?

The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?

People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

METRO WORLD NEWS

Best Health Minute

Yoga: the secret to eternal youth?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of *Best Health*, freelancer Jennifer Goldberg looks into the surprising benefits of yoga. It turns out that new research is showing it can keep us feeling young and healthy for life.

Here are a few examples from the article.

It helps flexibility. Older women who practise yoga may experience improved range of motion when performing everyday tasks. That means they can maintain their independence longer, since flexibility makes it easier to do routine things such as cleaning, bathing and cooking.

It improves balance. The risk of falling increases as we age because of a reduced sense of balance as well as muscle and bone strength.

About 20 per cent of injury-related deaths in seniors are linked to falls. Yoga improves your balance — making it less likely you'll fall. And if you have stronger core muscles, you're better able to right yourself if you trip or start to slip.

It helps your skin. Research suggests yoga could reduce the tissue inflammation that contributes to skin aging. When we're under stress, our bodies release cortisol, setting off a chain of events resulting in tissue inflammation. Learning to control your stress response through yoga postures



Yoga can keep you fit for life. ISTOCK

and breathing methods could reduce the inflammation and keep your skin looking younger and healthier.

FOR MORE WAYS YOGA CAN KEEP YOU YOUNG, SEE THE MARCH/APRIL ISSUE OF *BEST HEALTH*, ON NEWSSTANDS NOW.

Hear hear! Music therapy can heal mind, body and soul

Listen up. Tunes used for everything from reducing anxiety to decreasing pain

Carolyn Williams sits by five-year-old Katherine Vitorino's hospital bed, strumming her guitar and singing a medley of songs. This Old Man gives way to Itsy Bitsy Spider, followed by The Lion Sleeps Tonight and Baby Beluga.

As she sings the lyrics, Williams pauses to leave a word unsung at the end of a phrase, letting the guitar lapse into silence.

It is a sign for Katherine to join in on the song — and her delighted squeal comes right on cue.

Katherine has cerebral palsy and is unable to speak, see or walk. But music therapy has opened a whole new world to the little girl with the angelic face and joyful smile.



Katherine Vitorino, 5, who has cerebral palsy, takes part in a session with music therapist Carolyn Williams at the Hospital for Sick Children in Toronto. GALIT RODAN/THE CANADIAN PRESS

"It brings me so much happiness," says Katherine's mom, Diana Sanita. "It gives me hope that one day she might be able to take those vocal sounds and turn them into a word or two to help people understand what she

wants.

"But more than anything, seeing her happy makes us so happy. And she loves it," says Sanita, who bunked with Katherine at the Hospital for Sick Children for more than two months while her daughter

was being treated for kidney and lung problems.

"And it gives me some insight into her world. We're never quite sure what her cognitive level is, but it's pretty apparent in music therapy that she gets it. She knows

what's going on. She knows when it's her turn to sing, she recognizes songs, she anticipates.

"It's just pure joy."

Seeing Katherine so engaged is a joy, too, for Williams, a certified music therapist who has been working at Sick Kids for about a year, assigned to patients in the small-organ transplant unit and general pediatrics, which covers a wide range of illnesses.

"Beautiful singing today, Miss Katherine," she croons to her young charge, as fellow music therapist Ruth Roberts takes up the guitar, leaving Williams to play a bongo drum for another rendition of The Lion Sleeps Tonight.

Roberts, who has been with the hospital's music therapy program since its inception in 1999, points to Katherine's hands. Usually tightly fisted, her palms are open and her fingers relaxed.

Music is working its magic. "What we realize is that children, when they're unable

to do anything else — maybe they can't move, maybe they can't see, and even kids who can't hear well, you can get to them through rhythm. If they're no longer able to participate in life in other usual meaningful ways, the music can still reach them and help them to express who they are and represent themselves in our world," Roberts says.

Indeed, that's one major goal of music therapy, which the Canadian Association for Music Therapy describes as a means to "promote, maintain and restore mental, physical, emotional and spiritual health."

Music can help reduce anxiety and even pain, as well as give youngsters who are typically subjected to repeated blood drawings and other tests an opportunity to exercise some control and independence, says Williams.

"It also gives an opportunity for creative expression or to process feelings and emotions," she says.

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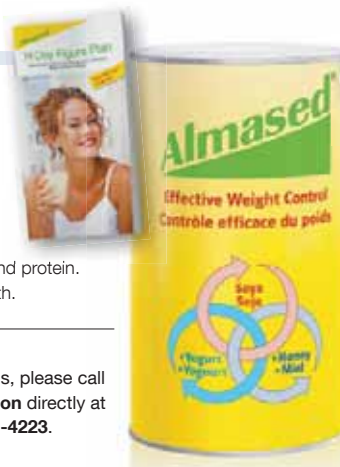
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Beef up cabbage rolls by skipping rice in favour of orzo



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Nothing cooks up better than savoy cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 mins., until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 mins, or until slightly browned.



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Comfort food without uncomfy pants



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmth on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat

the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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There are costs for that RRSP procrastination



YOUR MONEY
Alison Griffiths
money@metronews.ca

Hear that? It's the sound of 3.5 million people scrambling to make their RRSP contribution. According to a new TD poll nearly 60 per cent of Canadians procrastinate with that all-important deposit.

You might think it doesn't matter if you contribute at the 11th hour. You'd be wrong! There are three reasons why last minute contributions equal bad planning.

1. Lower returns

Monthly contributions start working when they are deposited. Whether you are investing in the stock market or GICs, money can't produce a return unless it is invested.

Take a 35-year-old starting an RRSP account and investing \$200 for 25 years. At a six per cent average an-

nual rate of return over that time, the account would be worth nearly \$139,000 on retirement at 60.

But a last minute lump sum of the same amount invested annually would only grow to about \$131,700. Run your own numbers at getsmarteraboutmoney.ca and go to RRSP Savings Calculator.

This calculation is based on annual compounded growth, but the difference is even greater if returns are compounded monthly or quarterly.

2. Higher risk

Monthly investing smooths out risk. You buy low when the market is down, high when it is up and over all this allows you to hit those average returns we all read about.

Last minute lump sum investing increases the danger that you will be buying in at peak times. You might argue that the same is true when the market is down. However, investor behaviour

By province

The most RRSP procrastinators are in Alberta (64 per cent), the least in Atlantic Canada and the Prairies (48 per cent).

tells us that people are more likely to avoid investing their savings when the market takes a powder.

Witness the record amount of money that sat on the sidelines after the 2008/2009 crash — which was the very best time to invest.

Then as the market rises, investors worry about missing out on the action and jump back in, often buying at a high point. Witness the near record in-flows of money into stocks and equity mutual funds over the past few months as markets hit post-2008 highs.

3. Pressure

Contributors often feel pressure to invest their money



Think it doesn't matter if you contribute last minute? You're wrong! ISTOCK IMAGES

quickly if it is an annual event. By investing regularly there is time throughout the year to consider investment options and evaluate advice.

Set up a regular monthly contribution and breathe easier next RRSP season.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Just how expensive is your lineage?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While working on my column last week, I started fiddling around with the retirement savings calculator on getsmarteraboutmoney.ca. One of the inputs required to generate a personalized RRSP savings scenario is the number of years a person plans to be retired for.

Though random things like accidents or disease can shorten life, lineage is a good predictor of how long you'll live. (It's also incredibly important to understand when trying to mitigate genetic health concerns).

For example, in my family this year, on my mother's side, my grandmother will turn 91 years old, my great aunt will turn 96 and great uncle will turn 97. On my father's side, my grandmother and grandfather will turn 91 and 90 years old. Barring an unforeseen circumstance, I expect to live long.

On one hand, living a long and full life is a gift. But, the financial implications of a long

life are enormous; significantly more savings are required to support a more expensive retirement.

If the life expectancy of your ancestors has been shorter, don't underestimate the impact that medical advances will have on increasing your life expectancy.

When in doubt, turn to statistics to help you plan. Many experts believe that today's 20 to 30 something crowd will now live to more than 100 years old. Whereas according to Statistics Canada, Canadians currently live to 82 years.

This means that younger people today need to save more than previous generations to support a comfortable retirement. Yes — it truly is more expensive to live in this day and age than decades before us. So, you might want to downsize that \$5 Venti Vanilla Frappuccino to a \$2 tea, and put that \$3 savings into your RRSP.

If you're unfamiliar with your lineage, check out ancestry.ca to track down your biological family members.

This Friday is the 2012 RRSP deadline to have your contributions count toward the 2012 tax year. As you sit down with your financial advisor, talk about your RRSP, discuss your lineage and the implications it will have on your retirement savings program.

Two months in: your resolution quiz

Goals working out?

Justin Gelband, personal trainer to model Miranda Kerr, helps you figure out if you're reaching your personal potential in 2013

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

1. Over the last couple months, your workout routine consisted of:

A Daily 10-minute walks. First you would take the dog out to pee and then you would stock up on booze.

B A five-km jog in the park every Sunday morning and daily snowball fights.

C Daily, hour-long cardio or circuit training sessions. You set up a small circuit in your garden using ropes and metal bars so you could do push-ups, lunges, sprints and pull-ups.

2. Last month, you gained an average of:

A Five kilos. You blame the stuffing in the turkey and the butter in the mashed potatoes.

B Two kilos. Your family bans anyone from using the word diet at the dinner table and

anyone who does has to eat an extra slice of cake.

C Zero kilos. You allowed yourself one mince pie and a few glasses of champagne.

3. On average, how many calories do you consume in one day?

A 3,000 calories. It's cold out. Your body uses the food as fuel. Do the two cans of coke and morning venti hot chocolates count?

B You don't believe in calorie counting. You know very well when you've had enough to eat.

C 2,000 calories. You tend to eat things like broccoli, brown rice, yogurt, apples and almonds — and weigh each portion.

4. Your fitness routine is:

A Pretty much non-existent.

B Regular-ish. You try and go to the gym a couple of times a week but if you're too tired or hung-over you tend to pick the couch over the rowing machine.

C Set in stone. You let nothing interfere with your workout schedule.

5. You feel like you've had a good workout if you:

A Do 20 star jumps to stay warm and kill time as you wait for the bus.

B Manage to not walk out of

Scoring key

Give yourself 1 point for every A, 2 points for every B, 3 points for every C

8 points: You definitely need to make some resolutions in 2013.

Whoa, what you need is a new life resolution. Your health isn't a priority, but just the fact you've done this quiz shows a willingness to start anew. Gelband believes that fitness is about cardio—nothing else: "It sets the platform for what your body can really take, it's the only way you will build a body that is strong enough to get something done," he explains.

9-16 points: You need to re-evaluate past resolutions.

Your approach to wellbeing is more "carpe diem" than cardio.

"If you want to assess how fit you are you need to think, 'How much did I eat and how much exercise did I do over the last three weeks?' Getting back into a routine after an extended break is always a struggle, so the best is to start with what's easy and effective and once again, that's cardio," says Gelband.

17-24 points: What you're doing is great, but you need to mix things up a bit!

"Don't always do the same thing, our bodies need variation. Try something that goes against the grain such as kick-boxing and dance cardio or pick an activity you haven't done in a while. It's healthy to challenge your body, it stops you from getting too rusty," says Gelband.

that 45-minute body pump class.

C Do a full hour of cardio (running or swimming) followed by 30 minutes of stretching (yoga or Pilates).

6. You're out of breath after you've:

A Walked up the 10 steps to your front door (they're super steep!).

B Do a 100-m sprint.

C Run for 10 km.

7. You have an hour to kill, do you:

A Make a massive bowl of popcorn drenched in sugar and butter and catch up on TV

B Go to the gym but then realize you don't actually have enough time to do a proper workout, so you just go in the sauna for 15 minutes.

C Call up a friend and go play a game of tennis. If no one is around, you go for a 10 k bike



So you're two months into your new year's resolutions. Still on track? GETTY IMAGES/ISTOCKPHOTO

ride.

8. Exercise makes you feel:

A Bored, tired and achy.

B Alert and happy, but in a lot of pain.

C Energetic, purposeful and alive.

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SHARPEN YOUR BUSINESS TOOLS

WITH AN MBA FROM THOMPSON RIVERS UNIVERSITY

As if her business career could not be anymore successful, Natalie Peace, entrepreneur in residence at Thompson Rivers University, is adding more weapons to her arsenal.

Peace, owner of Peace and Profit Business Consulting, and already a successful businesswoman, has returned to TRU to make an even bigger stand in the business world by completing her MBA.

"This education has changed the way I look at business," Peace says.

"I was confident before starting the MBA, and now I realize that I was playing the game with one hand tied behind my back."

Peace has already owned a number of successful Booster Juice franchises in Kam-

PROGRAM FITS AROUND YOUR SCHEDULE

Thompson Rivers University School of Business and Economics is proud to offer the most flexible MBA program in Canada, whether online or in class.

"Our focus is to provide quality business education that is accessible to all learners and is global in perspective," says Russell Currie, professor and dean, School of Business and Economics, Thompson Rivers University.

TRU School of Business and Economics currently has about 4,200 students, with 2,000 on-campus, 860 online and 1,340 overseas and offers certificate,

diploma, degree, post-baccalaureate diploma and graduate degree programs.

Whether you are interested in studying full or part time, in class or online, TRU's MBA program can easily fit around your schedule.

It is also one of the most competitively priced MBA programs in the country and does not require a GMAT score for admissions.

"There are very few barriers to get in," Currie says.

Applications are now being accepted for the September 2013 intake.

loops, which grossed \$2 million in the first two years. That success caught the attention of the Booster Juice head office, where Peace was hired to train staff of the first Booster Juice franchise in India in 2008.

Peace is preparing to graduate from

this program in June and is looking forward to using these new tools to apply to her already successful business.

"Even though the commitment to this education has meant sacrificing time away from doing business, I would do it

all again in a heartbeat — it is so worth it," Peace says.

"I believed a masters in business would bring a depth and breadth to my applied experience in business, a maturity that would only be possible by immersing myself in this learning environment wholeheartedly."

As a student at TRU, Peace says she is impressed with the evolving curriculum that keeps up-to-date with the latest trends in business and appreciates the focus on leadership and how to be effective in a team.

As Peace works towards completing her MBA, she is currently working on a book and developing an app called Club Kindness, an acts of kindness challenge for kids.

Her app is scheduled to launch with Apple shortly.

"My goal is to stay relevant so I can do my absolute best and be most effective in my career moving forward as an entrepreneur," Peace says.



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Getting his MBA was a life-changing experience for former Haskayne MBA student Peter Waugh.

Aside from the financial benefits, as well as adding a whole new set of skills to his resumé, Waugh says his MBA has dramatically improved his quality of life.

“Everyone does the MBA program for their own reasons,” says Waugh, who completed his MBA program at the University of Calgary Haskayne School of Business in April 2012.

“For me, I wanted the tools and the skills an MBA would provide me with.”

Waugh says in the last eight months since completing his MBA he has had more time to focus on his personal life. Along with an improved quality of his day-to-day life, Waugh is in a new career that he finds challenging and rewarding.

“My MBA has allowed me to move



ISTOCKPHOTO/THINKSTOCK

from the employee world to the other side, where the decision-makers are,” Waugh says. “It has really taken my career to the next level.”

Waugh is working as a senior consultant at Deloitte Consulting, a job he managed to secure before completing his MBA.

For those considering taking the next step in their careers, Waugh offers a few tips when considering an MBA.

“Go in with your own learning objectives,” he says. “You can’t rely on the school to fairly prepare you, or determine what you need as a person — know why

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you are doing it before you do it.”

And while in school, he says don’t be afraid to network and ask industry experts for advice.

“People like helping people,” he says.

Waugh says he knew what he wanted going into the full-time program but was surprised by some of the knowledge he gained.

“It has given me a lot more patience to why some things don’t work sometimes, when they used to seem so simple.

“This program allowed me to think about the world differently and it has given me incredible new perspectives.”

For more, visit haskayne.ucalgary.ca.

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NHL

Redmonds thank quick-acting Jets trainers, players

Winnipeg Jets defenceman Zach Redmond is in good spirits at a Raleigh, N.C., hospital after suffering a gash to his right femoral artery and vein at practice Thursday. His family issued a statement Monday thanking the Jets training staff and players for their quick action. **THE CANADIAN PRESS**



Zach Redmond GETTY IMAGES FILE

Murder case

Pistorius wants to train while on bail: S.A. official

Oscar Pistorius informed South African authorities Monday that he wants to resume athletic training while on bail for the murder case against him, a government official said.

A spokeswoman for the Olympic runner, however, denied he was making immediate plans to return to the track while awaiting trial for the Feb. 14 shooting death of his girlfriend, Reeva Steenkamp.

"Absolutely not," said spokeswoman Janine Hills. "He is currently in mourning and his focus is not on his sports."

The double-amputee Paralympian discussed bail terms with his probation officer and a correctional official at the Pretoria Magistrate's Court in the capital, according to correctional officials. **THE ASSOCIATED PRESS**



Calgary Flames forward Curtis Glencross, right, checks Chris Summers of the Phoenix Coyotes at the Scotiabank Saddledome on Sunday. Glencross scored the game-winner in the Flames' 5-4 victory. **JEFF MCINTOSH/THE CANADIAN PRESS**

Fire lit under Flames

NHL. Calgary's confidence riding high heading into a pair of road games

Quoted

"We can't be satisfied — far from this."

Flames head coach Bob Hartley, who says his team can't rest on its laurels if it intends on making the playoffs.

Back-to-back home wins over the weekend and a breakout game from their slumping captain have given the Calgary Flames a renewed sense of confidence.

Jarome Iginla ended a nine-game goalless drought Sunday by scoring just his second and third goals of the season in a 5-4 comeback win against Phoenix. The Flames defeated Minnesota 3-1 the night prior.

Now, the Flames hope to use that momentum going into a two-game road trip against the Wild on Tuesday

and the Colorado Avalanche on Thursday.

"I like the way that Jarome played," said Calgary head coach Bob Hartley. "He scored two great goals being at the net."

Forward Matt Stajan, who played centre on Iginla's line, wasn't surprised to see Iginla get rewarded for his consistent effort.

"He gets so many scoring chances," Stajan said. "It's because he's such a good player and he creates them for himself. With Jarome's shot and the way he goes to the net,

they're going to come. We saw that (Sunday) night with two goals where he went hard to the net."

Stajan thinks this is just the beginning for Iginla to start producing more offensively.

"That's usually how things start snowballing in a good way," said Stajan, who scored twice Saturday before adding an assist the next night. "I know there's a lot of people that have been worried about his game, but in this dressing room we know what he brings every day and the skill level.

There's never a worry from what you get from our leader."

The next two games give the Flames (7-7-3) an opportunity to improve above .500 for the first time this season.

"It's nice to string two together," said forward Michael Cammalleri. "Now, let's see if we can keep that going."

Hartley is pleased with his team's recent play, but says his squad has to remain focused on the ultimate goal of qualifying for the playoffs for the first time since the 2008-09 season.

"We can't be satisfied — far from this," Hartley said. "It's going to be a race and we have to stay in that race. We have to keep moving up in the standings and that's going to be by winning games."

THE CANADIAN PRESS

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Former CFL all-star convicted of assault against ex-girlfriend

Joffrey Reynolds.
One-time Stampeder remains free on bail with sentencing hearing on April 8

A judge facing two very different versions of who attacked whom has found a former Canadian Football League all-star guilty of assaulting his ex-girlfriend.

"I do not believe the testimony of the accused," Judge Brian Stevenson said Monday in convicting Joffrey Reynolds of assault causing bodily harm and common assault. "I am not left with any reasonable doubt."

Stevenson also convicted Reynolds, 33, of being unlawfully in a dwelling. He acquitted him of the original charge of break-and-enter with intent.

Reynolds's one-time girlfriend had testified at his trial

Free for now

Reynolds was allowed to remain free on bail despite the Crown's argument that he should be taken into custody immediately. Stevenson, who ordered a pre-sentence report, said Reynolds was not a flight risk.

- A sentencing hearing has been scheduled for April 8. Reynolds was also ordered to provide a DNA sample to the Calgary police and faces a 10-year weapons prohibition.

that he tried to choke and smother her when she came home and found him in her bed after a night of drinking.

Kaitlin Ward, 27, had dated Reynolds for six years before ending their relationship in December 2011 upon discovering he had been cheat-

ing on her.

Ward said they were trying to determine if they could "salvage" their relationship when she allowed him to stay with her for a couple of days after his house went into foreclosure.

Ward testified she told Reynolds at a party that he had to get out of her house. She said Reynolds got angry and kicked her in the back of the leg and was waiting for her when she got home.

Reynolds testified that it was Ward, who is seven inches taller than he is, who attacked him in a jealous rage.

Stevenson said he found the victim to be the most believable.

"I accept Miss Ward's testimony. I do not accept Mr. Reynolds' testimony he was trying to calm her down," the judge said.

"He was using as much force as necessary to convince Miss Ward to allow him to stay." **THE CANADIAN PRESS**



Calgary Stampeder Joffrey Reynolds dodges Siddeeq Shabazz of the Edmonton Eskimos in this photo taken on July 3, 2008, in Edmonton. Reynolds was found guilty on Monday of assaulting his ex-girlfriend. **THE CANADIAN PRESS FILE**

NHL. Blackhawks push points streak to 19 games with Hossa's OT winner

Marian Hossa scored 1:44 into overtime and the Chicago Blackhawks beat the Edmonton Oilers 3-2 on Monday night to stretch their NHL-record opening points streak to 19 games.

Patrick Sharp set up the winning goal with a quick turn along the boards and a drive to the goal that led to two stops by Nikolai Khabibulin. Hossa picked up the second rebound and was again stuffed by Khabibulin before he poked it in for his ninth goal of the season.

Patrick Kane and Viktor Stalberg also scored for Chicago (16-0-3), which has won six straight and nine of 10. Ray Emery made 17 saves to re-

Serving time

Edmonton forward Taylor Hall served the second of a two-game suspension for his hit on Minnesota's Cal Clutterbuck on Thursday.

main unbeaten in eight starts this season.

Nail Yakupov and Jeff Petry had the goals for Edmonton, which carried a 2-1 lead into the third period but couldn't hold on for its fourth consecutive victory over the Blackhawks. Khabibulin had 31 stops for the Oilers.

THE ASSOCIATED PRESS



Edmonton Oilers forward Ryan Nugent-Hopkins, centre, is unable to get a rebound off Chicago Blackhawks goalie Ray Emery as Brandon Saad, right, clears the puck on Monday in Chicago. **CHARLES REX ARBOGAST/THE ASSOCIATED PRESS**

NFL

Brady back for 3 more years with Patriots: Source

Tom Brady will be a Patriot until he is 40 years old.

Brady agreed to a three-year contract extension with New England on Monday, a person familiar with the contract told The Associated Press. The extension is worth about \$27 million US and will free up nearly \$15 million in salary-cap room for the team, which has several younger players it needs to re-sign or negotiate new deals with.

The person spoke on condition of anonymity because the extension has not been announced.

Sports Illustrated first reported the extension.

The 35-year-old two-time league MVP was signed through 2014, and has said he wants to play at least five more years.

Brady has made it clear he wants to finish his career with the Patriots, whom he led to Super Bowl wins for the 2001, 2003 and 2004 seasons. **THE ASSOCIATED PRESS**



Tom Brady **THE ASSOCIATED PRESS FILE**

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metro



Horoscopes

Aries

March 21 - April 20

If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

Taurus

April 21 - May 21

Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

Gemini

May 22 - June 21

If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

Cancer

June 22 - July 23

If you still can't get someone to tell you what you want to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

Leo

July 24 - Aug. 23

Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

Virgo

Aug. 24 - Sept. 23

You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

Libra

Sept. 24 - Oct. 23

You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

Scorpio

Oct. 24 - Nov. 22

It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

Sagittarius

Nov. 23 - Dec. 21

Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

Capricorn

Dec. 22 - Jan. 20

Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

Aquarius

Jan. 21 - Feb. 19

You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

Pisces

Feb. 20 - March 20

Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" **SALLY BROMPTON**

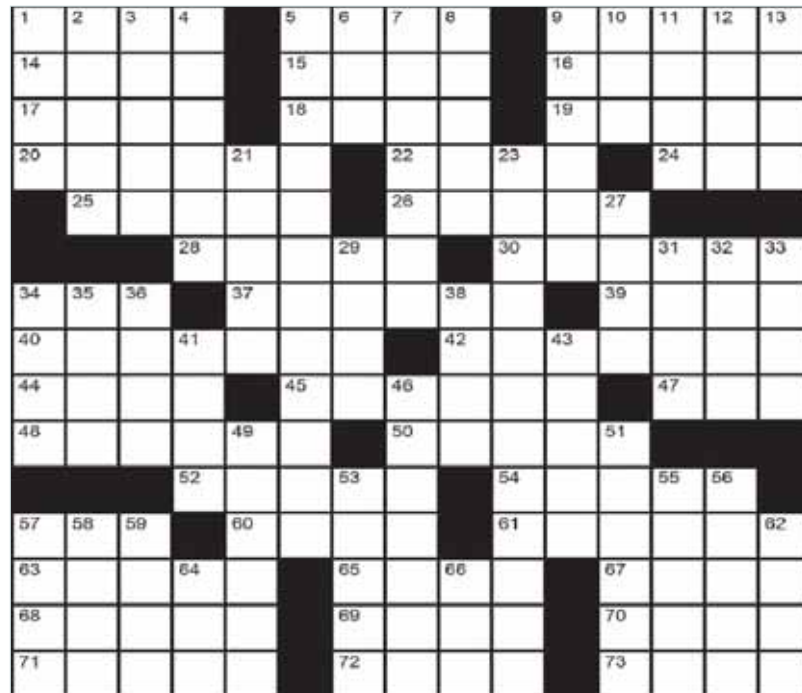
Crossword: Canada Across and Down

Across

- Singer Ms. Jordan
- "Rio ___" (1970) starring John Wayne
- John of "SCTV"
- ___ bit of light in (Tilt the blinds)
- Hamilton football venue until recently, ___ Wynne Stadium
- Keep ___ head (Remain calm)
- ___ now (Up to this point)
- Playthings
- Dish out
- Be the final player up: 2 wds.
- "___ la vie!"
- US political designation
- Danger
- The Hunter constellation
- Stagnant
- Aspirations
- Mudbath locale
- Mr. Kutcher
- Hockey movie, "___ Shot" (1977)
- metronews.ca, for one
- Use a ruler
- Botanical 'coat'
- Prince William's brother, and others
- Huffy
- Richard Gere flick, "American ___" (1980)
- "American Idol" Season 5 winner, Taylor ___
- Hockey great Mr. Hull
- Practice eco-friendliness
- Band-Aid, et al.
- Comic Mr. Macdonald
- Proprietors
- B-day web greeting
- Feels yucky
- Montreal-born singer Vannelli
- "Party Rock Anthem" duo
- Door handle
- "From here ___": 2 wds.
- Ambulance signal
- Like omelets
- "Disco Duck" singer Rick

Down

- Smelting waste



- Ancient teller of fables
- Swiped
- "Surfin' ___" by The Beach Boys
- '80s TV series starring a dog, "The ___"
- Ab ___ (From the beginning, in Latin)
- Type of protest
- Canadian figure skating great Brian
- Beaver: French
- Hotshot
- North: French
- Peace bird

- Cosmology's original matter
- Mount of the Bible
- Hockey star from Nova Scotia: 2 wds.
- Scotland's Loch ___ Monster
- "Cheers" star Ms. Perlman
- Reunion attendee
- Actress, Rooney ___
- Accelerated
- Celebrity 'gifting suites' items, ___ bags
- Ms. Gilpin of "Frasier"
- '80s hit: "In ___ Country"
- Actor Mr. Katz

- Untidy type
- Lopsided
- Rapper's skill
- Ontario city
- Ra, in ancient Egypt: 2 wds.
- Car stopper
- River of Paris
- "Sesame Street" character
- Phone nos.
- Caesar's 1901
- Johannesburg, ___
- Family members
- Actress, ___ Dawn Chong
- Captain's record

Yesterday's Crossword

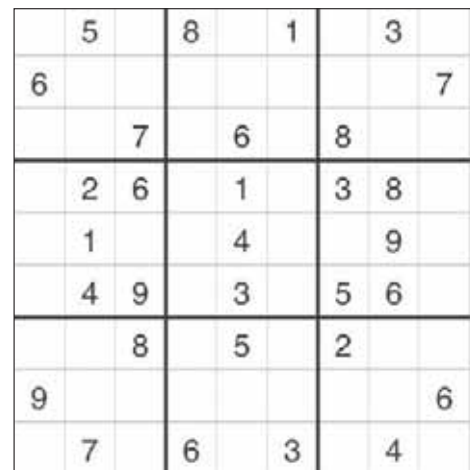


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 0°
MIN: -10°

WEDNESDAY



MAX: 4°
MIN: -5°

THURSDAY



MAX: 4°
MIN: -6°



ANDREW SCHULTZ
METEOROLOGIST

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WEEKDAYS 5:30 AM



GOD'S PROMISE

And the Lord shall help you and deliver you; He shall deliver you from the wicked, and save you, because you trust in Him.

(Psalm 37:40)

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